

Family Buzz-Ness

From The Wing Commander: Upcoming Alpena Training

Greetings to the best military families in the Air National Guard! It is important for all of you to know how much we appreciate your endless understanding and support of the military member in your life. The 180th continues to be a world-class organization and that would not be possible without the full support of families, employers and the Northwest Ohio community.

Non-military families would never understand why their loved one would spend time preparing for inspections and real-world deployments. Military families do understand the level of commitment needed in order

for the 180th Fighter Wing to be ready to deploy anywhere in the world on very short notice.

Part of our preparation includes the Operational Readiness Exercise the wing is undergoing this month in Alpena. Our leadership group believes that the training, skills and overall work experience gained through this exercise will make every Airman much more prepared and ready should our nation call. While this training is difficult and stressful, we also believe that camaraderie between unit members will also be enhanced because of this experience. Being separated from your family for

for a week in Alpena is a sacrifice for both the unit member and family members. Members going there will work hard and will gain invaluable training and skills. The support of their loved ones back home will mean a great deal as they sacrifice some of their privacy and normal living standards in Alpena.

I am grateful to each and every one of you for all you do to make our unit members and the 180th Fighter Wing the best in the world!

Col Steve Nordhaus

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Mark Your Calendars!

- Free military admission to Columbus Zoo -July 7,2012
- 4-H Camp Palmer - July 28,2012
- D.E.A.R Day (FW Headquarters FRG) - August 11,2012
- Children's Holiday Party - December 15,2012

It Takes A Village

From time-to-time, the 180th Fighter Wing conducts a Unit Recall Exercise to evaluate the wing's ability to implement the timely recall of it's members. It is imperative that we practice and evaluate our capabilities in this area, your assistance as family members will help us gain positive results. We are using a new system called the 180th Mass Notification System to contact each member of the wing in the event of a Unit Recall or if pertinent information needs to be

passed on. This is a powerful system as it can reach our entire membership in a matter of minutes using telephone, text and email messages. This system needs to have an accurate and timely response from the member in order for us to successfully pass the evaluation.

As family members, you may receive a telephone call from this automated system to your home phone line. Every member of the wing is required to listen to the message and reply as instructed. If you happen to receive the call and your family member

is not available, please listen carefully and document the details, specifically the 1-800 number and the ID number provided and pass it onto your 180th family member as soon as possible so they can provide a timely and accurate response.

Family members are just as important in the Unit Recall process as the 180th members and we greatly appreciate your assistance as we continue to move the process from good to great!

Captain Tiffany Pasker



Happy Summer Months

The time has come that most of us have longed for, the sun shining, not fighting with children to complete school responsibilities and the “go down in history books” vacation. Like many things we have expectations going in and sometimes disappointments as a result of unrealistic expectations. I recall many anticipated summers longing for the calmness of no school scheduled events, sleeping in and days by the pool. The planned vacation that everyone will love and appreciate often ended with my near miss of a nervous breakdown. I have listed some remind-

ers to help set realistic goals. Remember, always take care of yourself; this is a great lesson to teach our children and others around us.

Save yourself some stress

- Get clear about what you can/cannot change
- Focus on what is in your control

Set boundaries and follow thru

Better quality of life

- Understand how your awareness (perception) actually directs your

quality of life- did you have a bad event in a day or a bad day? Remember there are 24 hours in a day the chances all of them were bad is unlikely.

Improve your relationships

- Understand communication-verbal, non-verbal and listening
- Recognize and value how your presence affects others

Have a great summer and remember to call if you need anything

Alina Fuller, MSW, LISW

“There are 24 hours in a day the chances all of them were bad is unlikely.”

Popular Summertime Activities For The Family

Amusement Parks

*Cedar Point in Sandusky, Ohio is the second oldest amusement park. The park hosts 74 rides, an outdoor waterpark and has plenty of nearby and affordable accommodations. They also offer military discounts on general admission tickets.

Water Parks

*Great Wolf Lodge in Warren County, Ohio is one of the largest indoor waterparks in Ohio. It also features 2 400 great restaurants and over woodland-themed suites.

*Kalahari Resorts in Sandusky, Ohio is an, indoor/outdoor waterpark. It offers a spa and salon Cabana rentals, golf and shopping.

State Parks

*Maumee Bay (Oregon, Ohio) is the newest state park in Ohio and has 1,850 acres of biking, hiking and more.

*Deer Creek (Mt. Sterling, Ohio) has 3100 acres and is great for special celebrations and family gatherings.

Websites for military travel:

- * www.afvclub.com
- * www.militaryvacationdiscountes.com
- * www.easymilitarytravel.com
- * www.discoverohio.com
- * www.afttravelonline.com

"Hey Kids!

*Help us decorate our
base wide hero boards by
coloring this map and
turning it into the AFRP
Office.*

*Be sure to include your
Full name, and age on
the back.*



Protect yourself from the sun!
Be sure to use a sunblock with SPF of at least 30 daily and reapply frequently



Bicycle Safety

Hopefully you are enjoying the start of summer and getting out in the good weather. A lot of people like to bike for the fun and fitness, but there are some safety concerns that are sometimes overlooked. Attached you will find a lot of information and links for bike safety. Please take some time to review and enjoy a safe summer. You should always wear all appropriate PPE, to include: Helmet, High Visibility/ Reflective Garments and Shoes.

According to the Ohio Bicycling Foundation:

*If you follow their guidebook the average bicyclist can reduce their likelihood of a mishap by 80%.

Use the links below for more safety tips.

www.ohiobike.org

FW Safety Office

Military Teen Advisory Board

Military Teen Advisory Board consists of a group of teens with some connection to the military looking to establish leadership skills among their peers. The advisory board is a unique group that is ran by teens for teens.

Meetings are held once a month on a Sunday afternoon.

For additional information on joining MTAB contact President Sydney Garver at sydneygarver@gmail.com

or Airmen and Family Readiness Program Manager Judy York at judy.york@ang.af.mil

l	i	u	b	s	c	s	o	a	i	l	b	r	i	s
c	m	i	t	o	t	c	u	e	t	l	o	o	a	s
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u	e	r	n	e	l	r	y	r	p	h	c	u	r	n
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b	d	d	y	c	n	e	i	l	i	s	e	r	l	h
n	o	n	s	e	s	a	n	l	l	h	o	t	a	l
l	n	m	n	l	g	e	c	m	i	i	u	u	s	e
d	o	t	w	g	f	a	n	r	m	p	i	o	r	p

Team Building
Hero
Teen
Separation
Family
Leadership

Community
Military
Advisory
Courage
Friends
Resiliency

Outreach
Support
Board
Growth
Wellness

Upcoming Youth Camp Opportunities

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The summer can get very monotonous for our children. See the link provided in this section to find camps that are certain to keep your kids active. When you review the website associated with the provided link you will see many of these camps are specially designed for military youth or have military discount. Make this summer a memorable one for your teens and allow them to connect with fellow teens in a safe environment.

http://www.ong.ohio.gov/frg/FRG_youthprograms.html

Also, be sure to check out the first ever 4-H camp Palmer on July 28, 2012. For more information and registration details click on the link below.

<http://www.regonline.com/builder/site/>

About The Office...What's In It For You?

Most of you who receive emails from the Airmen and Family Readiness Program Office (AFRPO) know that we provide information about events, discounts, and benefits. The AFRPO is responsible for much more. The core competencies of the AFRPO are: Information and Referral, Deployment Cycle Support, Personal, Family, Unit, and Community Readiness, Life Skills Education, Community Outreach and Cooperative Interface and Volunteer Management. We are here to assist you and your Airmen through any quality of life challenge. We offer both proactive and reactive approaches. We seek out and develop programming to help strengthen your knowledge and resiliency that, in turn, will help you during the challenges military life can bring.

We are also here to assist when, despite the best preparation and planning, you still have a crisis that comes along. There are many resources in the community and we connect you with the resource that best fits your situation. Don't be afraid to contact us with a question or challenge in your life. Your situation is confidential in most circumstances. There are also many volunteer opportunities in the AFRPO. If you want to be more supportive of your loved one's military career and help other military families, contact us. It takes many hands and hearts to have a successful Airmen and Family Readiness Program.

Judy York, AFRPO Manager
(419)868-4550

We value your opinion. Click on the link below to take a brief survey

<https://www.research.net/s/H93XKMV>

Thank You!